

SOLE FOR INCREASED FOREFOOT CIRCULATION

ABSTRACT OF THE DISCLOSURE

A sole for a shoe to increase circulation in the wearer's foot during forefoot intensive activities. The sole includes a midsole having at least one protrusion disposed in a forefoot region thereof and a plate having at least one receptacle disposed therein wherein the plate is fixedly attached to the midsole such that the receptacle aligns with the protrusion. The diameter of the receptacle is approximately equal to the diameter of the protrusion, so that the protrusions flex within the receptacles in a trampoline-like fashion. An outsole is fixedly attached to the plate and the midsole, wherein the outsole is disposed underneath the entire length of the sole. A forefoot region of the outsole includes an exterior portion and a softer interior portion. Several projections are disposed on the softer interior portion to provide additional pressure points in the sole.